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WHERE WOULD YOU BE THE HAPPIEST AND WHY IN THE SOUTH WEST OF FRANCE?

WELCOME TO TOULOUSE



Living in the South of France

In France, the West-European lifestyle is vibrant. France is the most-visited country in the world, by more than 800 million tourists every year!

In the South West of France, there are more than 2000 hours of sun each year. Toulouse specifically is the 3rd most sunny city in the country. We cannot talk about France without mentioning its very unique gastronomy. From the daily baguette to the infinite number of pastries, France also has very specific meals you should really try once you get there. If you are not fond of snails, you can start with our very own gratin dauphinois, or magret de canard!

Beyond the unique living environment and the very rich cultural heritage, moving to France represents the opportunity to enjoy an immersive experience in a country renowned for its history, architecture, museums etc. France is really for the lovers of beautiful things.

Major cities like Paris or Toulouse all have their own unique identity. As you can see on the many pictures of this catalogue, Toulouse is not called the Pink City for nothing!

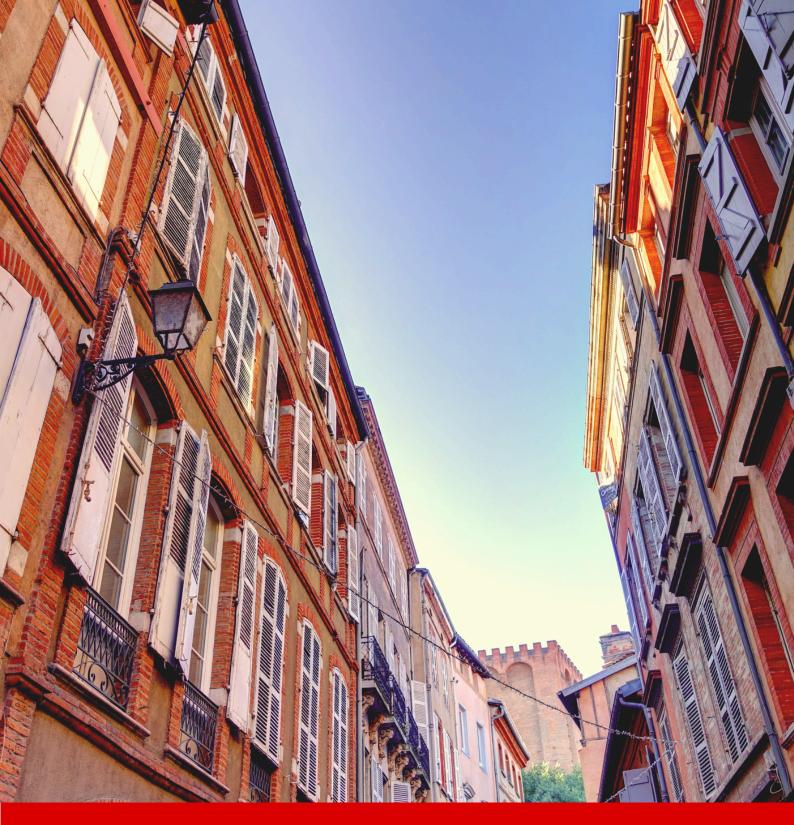
Benefits of moving to France

Students moving to France can generally benefit from a vibrant urban life, a strong economic base, and a wide range of cultural activities. Toulouse offers a lot of different transportation modes such as the subway, the tramway, buses, city bikes etc. There are numerous study centers, libraries, cute coffee shops and parks that make studying quite enjoyable.

Thanks to the ecosystem of financial aid and healthcare services, exchange students can fully focus on their studies while enjoying a safe and supportive environment.

Many French organisations are working to facilitate the integration of international students here. France is truly welcoming of international students. For example, international students are eligible for specific scholarships as well as housing assistance. In our University, you can also benefit from prevention and support services or, if necessary, rely on dedicated psychological support offices to manage the stress and emotional difficulties associated with moving abroad.





Moving to TOULOUSE

Toulouse is the first student city in France, both in number of students and in the quality of teaching. Mind you, 97% of the people who studied in Toulouse would completely recommend the city to a friend or a member of their family. You may not have heard of Toulouse before, but it is like a hidden treasure.

Located between the mountains and the sea in the South West of France, it really is the best of both worlds. Paris' Hausmannian architecture, but with sunny days. French Riviera's sense of style, but with people smiling. Marseille effervescence, but without the enormous crowds. And most of all, French beauty at a fair price. Toulouse is less expensive than Paris, Bordeaux or Lyon. Yet Toulouse is the third most populated city in France!

Toulouse's location

Toulouse is more than ideally located. Both the Mediterranean Sea and the Pyrénées Mountains are less than two hours away by car. Skiing or surfing, the choice is yours! Toulouse is also between to major European cities: Barcelona and Paris. By plane, it will take you less than an hour to get there. If you prefer the train, Barcelona is three hours away, and Paris four. Italy is not that far away either!

On a more professional side, Toulouse is one of the best cities in France to start a career. With a rather cheap cost of life and tons of opportunities, it is really welcoming for new workers (or students who just graduated). Airbus is one of the biggest recruiters in the South of France, with no less than one out of eight Toulousain working there. The company does not only hire informatics genius, but also economists or lawyers. Toulouse is the city of space, innovation and aviation. But it is also the second biggest Bar in France, right after Paris. Perfect for every Law student!



Culture

Other than that, culture is really important to Toulouse. With lots of castles, churches and ancient monuments, History is really available to all. Better; museums are completely free for students every first Sunday of the month, and all October!

The Rose Festival is one of the most famous music festivals in France, and it is happening in Toulouse! Rose means pink in French... I think you're starting to get it. Thanks to this, we welcomed amazing international artists to our city. Ed Sheeran, Macklemore, Jorja Smith and many more!

You know what they say about partying in the South of France, Toulouse has the best variety of bars ever. From wine cellars to South American bars through karaoke, you can test them all. The Erasmus Student Network is highly present in Toulouse. This is the association that will bring the party to you, and make you wish to never leave the Pink City ever again. Grab your passport and join us!

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OUR FIELDS OF STUDY

ADMINSTRATION & COMMUNICATION ECONOMICS - INFORMATICS - LAW MANAGEMENT

Introduction

The development of international relations is one of Toulouse Capitole University's strategic priorities.

Present on five continents thanks to numerous cooperation agreements, Toulouse Capitole University is developing an international academic cooperation strategy based on the quality of the training provided by its departments in law, economics, management, administration, and computer science, as well as its world-class research teams.

The level of internationalization at Toulouse Capitole University is already very high, reflected in the fact that nearly 20% of its student body is international students, through foreign language programs, and through numerous international scientific cooperation projects.

The University aims to further expand this international dimension in both teaching and research in order to expand the University's influence throughout the world. The priority is therefore to increase the number of high-quality partners in both teaching and research.

Committed to the pursuit of academic excellence and professional competence as early as 1970, when it opened, Toulouse Capitole university is a public establishment which originated from the Faculty of Canon Law created in 1229 by King Saint Louis. Today, it is a Law, Economics and Management University whose priority is the emphasis on international networks so as to promote scientific collaborations as well as students' and researchers-lecturers' exchanges.

It is one of the only two French establishments to feature in the top 100 of the Shanghai World Academic ranking in Economics/Business studies. Find the University's sum-up here: https://www.calameo.com/read/0016392824312320898bd?page=1.



Administration & Communication

The Faculty offers multidisciplinary training portfolio. It also develops international cooperation (partnerships with China and Mexico offering specific training programs, Bachelor's degrees abroad, international exchange programs...).

72 undergraduate courses and 46 courses at Master's level are available with a B2 level in French.

You can find the language tests needed and an indicative course catalogue on the website of the University: https://www.ut-capitole.fr/home/course-offer/exchange-students. Please note nothing guarantees yet that these courses will still be available when you arrive in Toulouse. You can ask your contact at the International Office if you have any questions about that.

Economics - Toulouse School of Economics

The School is backed by the research group TSE, ranking among the world 10 best research centers in economics. Our course portfolio meets the best international standards, enriched by its collaboration with both research and the economic world.

46 undergraduate courses are available with a B2 level in French. TSE offers 4 undergraduate courses in English and 36 courses at Master's level.

You can find the language tests needed and an indicative course catalogue on the website of the University: https://www.ut-capitole.fr/home/course-offer/exchange-students. Please note nothing guarantees yet that these courses will still be available when you arrive in Toulouse. You can ask your contact at the International Office if you have any questions about that.

Faculty of Information Technology

The mission of the Faculty of Information Technology is to offer theoretical and practical computer training and knowledge to prepare students in integrating a business world increasingly permeated with information technologies and communication.

15 courses at Master's level are available in French. 9 courses at Master's level taught in English and 1 double degree opening soon.

You can find the language tests needed and an indicative course catalogue on the website of the University: https://www.ut-capitole.fr/home/course-offer/exchange-students. Please note nothing guarantees yet that these courses will still be available when you arrive in Toulouse. You can ask your contact at the International Office if you have any questions about that.

Law - Faculty of Law and Political Sciences

The Faculty of Legal Sciences, or Faculty of Law as it used to be called, is heir to the agelong university tradition in Toulouse. The faculty provides comprehensive academic programs and research in the fields of law and political science. Its head is the Dean Mathieu Poumarède, professor of private law and criminal sciences, assisted by Vice-Dean Xavier Biov, professor of public law.

50 undergraduate course and 28 courses in French at Master' levels. 18 double degrees are also offered by our European School of Law. Two undergraduate courses in English are offered to our incoming students.

You can find the language tests needed and an indicative course catalogue on the website of the University: https://www.ut-capitole.fr/home/course-offer/exchange-students. Please note nothing guarantees yet that these courses will still be available when you arrive in Toulouse. You can ask your contact at the International Office if you have any questions about that.



Management - Toulouse School of Management

TSM represents a center of excellence for Management. It is EQUIS accredited and EFMD accredited at Master and PhD levels. TSM delivers top-quality academic and professional education, ensuring that students will quickly find employment upon graduating.

151 courses at Bachelor and Master's level are available in French. 7 double degrees and 83 courses at Bachelor and Master's level taught in English.

You can find the language tests needed and an indicative course catalogue on the website of the University: https://www.ut-capitole.fr/home/course-offer/exchange-students. Please note nothing guarantees yet that these courses will still be available when you arrive in Toulouse. You can ask your contact at the International Office if you have any questions about that.



BEFORE YOU, IT WAS THEM

FEEDBACK FROM OUR FORMER EXCHANGE STUDENTS



"I chose the University Toulouse Capitole because it was recommended to me by a friend. Everybody described it as a young and vibrant city."

"I enjoyed every minute of my stay in Toulouse. The city is perfect for the studying years. In my opinion, Toulouse has the perfect mix of nature, bars and history!"

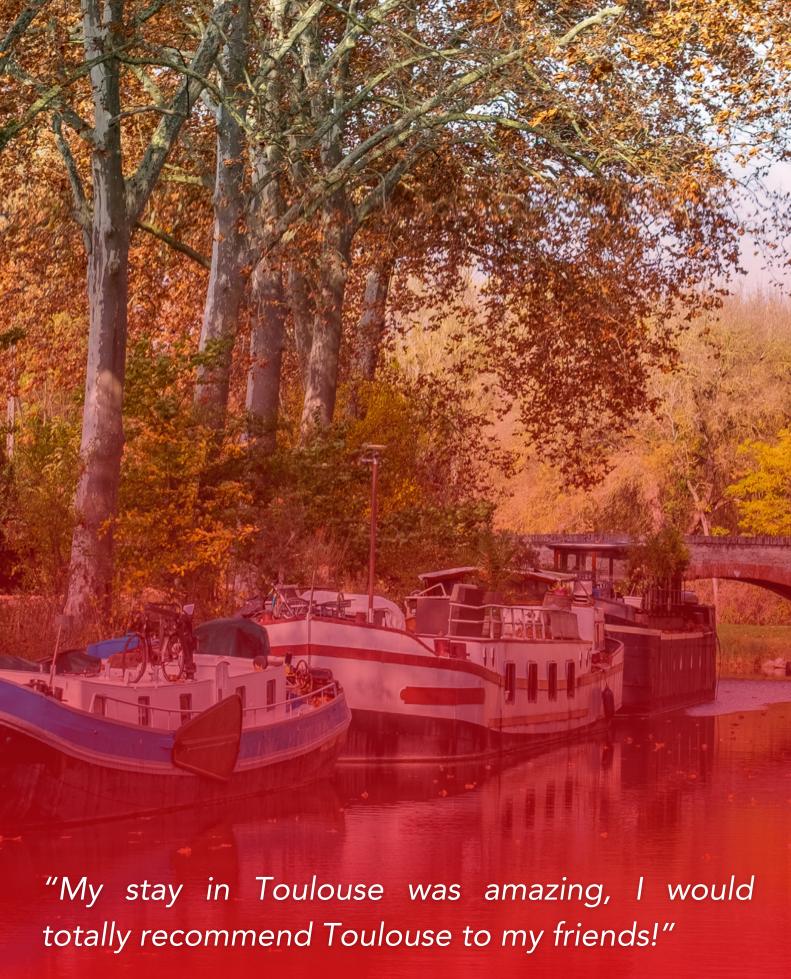
Letizia, Faculty of Law and Social Sciences

"I wanted to do my mobility in Toulouse because it combined the advantages of a good University, good weather and amazing people."

"I would give a 10/10 to my stay in France. Toulouse is a very lovely city. Lonely Planet chose it as 'best city to visit in 2025' for a reason."

"I already came back to Toulouse after my mobility, and will probably go again. My best memory here is cycling through the empty streets at night".

Lukas, Toulouse School of Economics



Philippe, Toulouse School of Economics

of students who were in Toulouse would recommend it to a friend or a member of their family for their studies their family for their studies.



student city in France

in terms of population and quality of life

3 C biggest city in France in terms of size and popular

in terms of size and population



WITH YOU, FOR YOU

OUR INTERNATIONAL OFFICE YOUR ACADEMIC SUPPORT





Alejandra Martinez Central International Office

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BEFORE MOBILITY

General information (calendar, welcome days...)
Accommodation (request form)

ON ARRIVAL

Administrative registration
Student card
Signature of Erasmus+ arrival form
Administrative registration for French courses

AFTER MOBILITY

Send your transcript of records Signature of Erasmus+ departure form



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Your Academic adivsor Professor

Your academic advisor will:

- advise you on the courses selection
- sign your learning agreement
- approve the potential modifications in your learning agreement
- help you with the course & exam requisites



THE ART OF LIVING

YOUR LIFE AT UNIVERSITÉ TOULOUSE CAPITOLE



Toulouse

As mentioned earlier, Toulouse is a way of life. The South West of France is impregnated by both Mediterranean and Atlantic vibes, without forgetting the strong Spanish Pyrenees influence. If we had to describe Toulouse in just a few words, it would be: Sun, Friends, and Dolce Vita.

The city is so vibrant and full of life. From the rugby matches to the guinguettes on a sunny day, through parks and free museums, not to mention long ride bikes by the river, Toulouse has it all. Living here is so pleasant that studying hard is not a burden, particularly in one of the top10 universities in France.

The University

Once you have been selected to the University Toulouse Capitole for your exchange program, we strongly recommend you to explore the Incoming Students' section of our website: https://www.ut-capitole.fr/home/incoming-students/youre-an-exchange-student.

You will find information regarding the course catalogue, French courses, exams modalities. Please note that these are only indicative, nothing indicates the catalogue will remain the same.





The Welcome Week!

Upon your first week of arrival, we are keen to welcome you correctly. As we have 3 out of 3 stars at the Label Bienvenue en France, trust that we are completely ready for you. One thing to remember is that you will never be alone. We are here for you every step of the way. The Welcome Week will most likely start with an information meeting to give you all the tools you need to spend an amazing time with us in Toulouse.

Campus Tour

The Université Toulouse Capitole is a big campus, in the heart of the city of Toulouse. That is why you will have a Campus Tour with one of our International Officer! The Campus Tour was rated 4.5/5 by former exchange students. It is very useful to get to know the University. From libraries to cafeteria, through amphitheaters and gardens, the campus will not keep any secrets from you.

You will also be scheduled for a more formal visit to the main library on the campus! The Arsenal library is the main hub for intellectual activities, art exhibition, computers, books and much more. We will teach you how to retrieve a book, give it back, use the infrastructures etc. Once again, you are not alone.



Free sports sessions

To get to know your fellow exchange students, you will be able to attend many free sport sessions! As an example, we kicked off this academic year with a Cuban salsa class. It was so fun and everyone made new friends. All levels are welcome of course. To discover the city of Toulouse and not only the campus, our sports coach also organised a Run and fit session. Music, sun, and sport all combined. To sum it all up, free sport sessions during the Welcome Week are one of the best ways to find your future buddies for life.

Meetings with Alejandra

Alejandra Martinez is your contact at the central International Office. During the Welcome Week, she will meet with new students in short groups to explain in details how the University works and the next steps towards a successful stay in Toulouse, France. You will be able to ask all your unanswered questions. And good news, you will receive your official goodies!

Welcome Party

The Welcome Week would not be complete without the International Office throwing out your first official party of the year. Our Pot de Bienvenue allows every exchange student, no matter the field of study, to get together and share French pastries and drinks. Let me tell you how delicious those pastries are: la crème de la crème! All International Officers will be present as well, and the Vice-President of the International Relations will be invited to do her annual welcome speech. We cannot wait to see you there.



Erasmus Student Network (ESN)

If the Pot de Bienvenue is quite formal during the Welcome Week, the Erasmus Student Network (ESN) is in charge of the less formal parties. The ESN France is a network of associations whose objective is to develop and implement projects on a national or European scale to facilitate international mobility - for inclusive, qualitative, civic-minded and valued mobility.

They are the ones organising the best parties in town, but also the best trips! For example, they allow you to visit nearby cities, or to go skiing in the Pyrénées. They really are in charge of the fun. You can find many more information about them both on their socials and on their website: https://esnfrance.org/en/missions-and-values/.



Sports at Université Toulouse Capitole

TThe Department of Physical and Sports Activities (DAPS in French) is really happy to offer almost 40 different sports activities to its students. It could be you! Each semester, you can choose up to two different activities. There will be a three-days campaign to choose and register into the sports class you would like. This all happens online! Plus, we just inaugurated our brand-new gymnasium called Rempart! You can check all the activities available and contact the sports department any time on their socials or on our website: https://www.ut-capitole.fr/accueil/campus/sport.

Interuniversity Preventive Medecine and Health Promotion Service

The SIMPPS (Interuniversity Preventive Medicine and Health Promotion Service) is a medical and social service exclusively for students. They can schedule appointments with general practitioners, specialists, and social workers.

Services offered (in complete confidentiality and with no upfront payment) can go from nursing reception, to consultations with general practitioners, appointments with social workers who will be listening and providing assistance tailored to academic, family, personal, administrative, and financial issues. You can also reach for medical-psychological assistance, specialised consultations (gynecologist and family planning specialist, nutritionist, tobacco specialist). Finally, there is also a vaccination center and study accommodations for disabilities.

The SIMPPS organises numerous informative and fun prevention and health promotion activities focused on five themes: sexual health, mental health, addictions, vaccination, and nutrition (diet and physical activity). Student associations can call on this service to help them develop a project or participate in an event. You can find many more information on their website: https://simpps-toulouse.fr.

The Toulouse Student Health Relays (ERS), trained by professionals, carry out health prevention and promotion projects among students. They monitor social media to listen to students, inform them, guide them, and direct them to SIMPPS, as well as to the various services and associations they may need.

Welcome Desk

The Accueil - Welcome Desk of the University of Toulouse is there to make things easier for you, bringing together in one place all of the key partners involved in arriving and getting settled in at the university site of the Academy of Toulouse. A multilingual team will welcome you and answer your questions, year-round.

This place is specialised in information about housing, health, residence permits, transport, mobility, art and culture on campus, support for student initiatives... A multilingual team answers your questions, advise you and help you with all your administrative procedures.

You can find on site the Haute-Garonne Prefecture (residence rights), the Board of Education of the Academy of Toulouse (higher education adviser), the CAF Haute-Garonne (housing benefits) and the Crous of Toulouse – Occitanie (social benefits) officials.

All information about location, contact, opening hours and meetings schedule can be found on their website: https://welcomedesk.univ-toulouse.fr/.





SEE YOU AGAIN

YOUR LIFE AFTER YOUR DEGREE, INTERNSHIPS AND PROFESSIONAL OPPORTUNITIES

Alumni

Your life in Toulouse does not end when you get on the plane taking you back home. A mobility always stays engraved in your heart, and so will this city. Most of our former exchange students come back to Toulouse, at least for holidays. But, if you want to come back for a longer time, know our Alumni network is one of the most developed in France.

On the University's Alumni website, you can link your student number to an alumni profile. This allows you to access all the internship and job offers from people who also attend the University Toulouse Capitole!

Our Alumni network counts 41 661 members, nearly 300 internship offers and 3 398 recruiters. What is more, many activities can take place within the professional community. Once your profile is set up, you can join our different groups, access our universities network and see what our graduates are up to!

Our Alumni partners

























MAKE IT HAPPEN, PACK YOUR BAGS!

DETAILED GUIDE ON HOW TO PREPARE YOUR TRIP



Get ready with Emma!

Emma is here to help you prepare your trip. But she is not the only one! Our International Officers are ready to help you anytime. Feel free to reach us if you have any questions regarding your mobility.



Visa or Residence Permit

Attention, you may need a Visa to study in France. If you are not part of the Schenghen Area, or not a member of the European Union, this is most likely. You should be able to get information about that from your home university. Some information are also available on our website: https://www.ut-capitole.fr/home/incoming-students/applying-for-a-residence-permit.

Please be aware that a Visa procedure can take a certain time. Start the procedure 2 to 3 months in advance minimum.





UNPACK YOUR BAGS

FIND YOUR ACCOMODATION IN TOULOUSE



Evaluate your budget

Finding an accommodation in Toulouse is not cheap. You should be aware of what living here could cost you monthly, so you do not end up in uncomfortable situations. Here is an informative guide on the cost of life in Toulouse.





PRACTICAL INFORMATION ABOUT HOUSING IN TOULOUSE

45% of students faced difficulties in finding accommodation in Toulouse1 in 2020. To prevent students from ending up in an emergency situation, this information provides insights on the housing conditions in Toulouse to help them anticipate their search and facilitate their installation.

LOCAL CONTEXT AND REALITY OF THE HOUSING STOCK IN TOULOUSE

The demand for student housing is high during the university enrolment period (August - September - October), both in public and private residences, as well as with private landlords.

Monthly costs of living in Toulouse

- The average monthly budget is 1238,46€2, of which a significant portion is dedicated to housing
- The median³ monthly rent in Toulouse's private rentals housing is 440€ for a T1 (excluding utility charges)4
- Housing in student residences is less expensive, but the average monthly rent is between 217€ and 520€ for a T15, and can be much higher depending on the type of residence and the services offered
- In 2024, the average cost of back-to-school expenses for a non-scholarship student was 3157€6

Access to Crous accommodation

International students are not eligible to receive social criteria-based scholarships from Crous.

Access to Crous university residence housing for international students is very limited and depends on the internal allocation policy of the host institution (often prioritized for Erasmus students, Master's level 2, and PhD students). Applications must be made through the international relations office of the host institution or via Campus France for Campus France scholarship holders. Any creation of a Student Social File (housing and scholarships) will therefore be rejected by the Crous Toulouse Occitanie. Given this restricted and conditional access, it is essential to explore other housing options as early as possible to avoid complications once in Toulouse.

Services to support you

Despite the difficulty of looking for housing from a distance, it is necessary, as soon as you obtain your visa, to anticipate the steps of this search and define your budget. For this purpose, several services are available to students:

- L'Accueil Welcome Desk : a unique place to complete your procedures and to be accompanied (on site or remotely)
- Toul'Box: a paid personalized support program to facilitate your installation before your arrival in France
- Info Jeunes Occitanie: can help you make your search easier
- Lokaviz: a platform managed by the Crous that features housing ads from private individuals
- Campus France: the Toulouse office provides support to international government scholarship recipients

Other housing options and arrangements exist (shared accommodation, homestay, intergenerational housing, etc.). You can find more information in the <u>Housing Search Guide</u> and on <u>welcomedesk.univ-toulouse.fr</u> > daily life > finding housing

Stay vigilant

Beware of fraudulent ads on private housing websites (rent too low for the area, ideal photos, money transfer requests via Western Union). Also, be aware of the condition of the housing to avoid renting unsanitary accommodation.

- ADIL 31: free and personalized advice for any legal and financial issues related to housing
- CDAD: the Department Council for Access to the Law of Haute-Garonne offers free consultations for any legal issue (lawyer, bailiff, notary, right defender, etc.)
- Toulouse City hall: provides assistance in reporting unsanitary housing conditions | hygiene@mairie-toulouse.fr / 05 61 222 222

Enquête 2020, Schéma d'amélioration de la vie étudiante (COMUE de Toulouse)

FAGE : 22e Indicateur du coût de la rentrée étudiante ; Edition 2024

half of the units have a rent below this value, the other half have a rent above

Source: Observatoire local des loyers S Source: Hors T1 PMR ou T1 couple – Tarif loyer Crous

FAGE: 22e Indicateur du coût de la rentrée étudiante; Edition 2024

Public accommodation

For exchange students, it is possible to obtain a room in public residences. However, places are limited. You will be able to apply for housing when completing your registration form on MoveOn. You will have a final answer on whether or not you obtained a room within two months before your mobility.

If you want to take a look at what a room in a public residence might be like, you can explore this website: https://www.crous-toulouse.fr/se-loger/nos-residences/. Please note you must not apply directly on this website in order to obtain a room. This website is only indicative.

Private accommodation

Whether or not you obtained a room in a public residence, the International Office is here to help you prepare your mobility! You can reach us anytime. Private accommodations are really cool, but can be a little bit more complex to find. To help you, you can go to the accommodation section of the University's website: https://www.ut-capitole.fr/home/campus/students-life/accommodation-2. The Welcome Desk also has a service specialised in housing.





DAY ONE

NAVIGATE THROUGH THE STUDENT GUIDE



Disclaimer

The following student guide is made for people who already registered into the University Toulouse Capitole. That is why it gives you a clear idea of how your life will be once you get here! We cannot wait to welcome you. This guide was edited for the 2025-2026 academic year, information may slightly differ from when you will actually join us. Plus, this guide is NOT made for exchange students. Therefore, some modalities may be different. It is purely indicative









WEROPETO SEEYOUSOONIN

IOUMUSE

FRANCE

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